



Hill AFB Family Support Center Monthly Buzz – June 2004

“Strengthening the Air Force Family”



Welcome to the Hill AFB Family Support Center!

Building 308N, Hours: 0700-1630

Seating is limited! Call early! To sign up for a class, or for more information, call 777-4681.



This month’s “Spotlight” is on:
“Air Force One Source”

Air Force Family Support Centers are happy to announce a new partnership—a 24/7 resource for Air Force members and families. No matter where you are, no matter what the issue is, *Air Force One Source* is there for you! Twenty-four hours a day, seven days a week, information and advice is available on issues such as:

Parenting and Child Care	Elder care
Deployment and Reunion	Education
Moving and Relocation	Substance Abuse
Retirement	Grief and Loss
Emotional Well Being	Managing Money

One Source is completely free of charge and is available on the phone or on-line.

- When you call the toll-free number, you’ll speak to trained consultants and researchers who will help you one-on-one with your personal issues and questions. *One Source* maintains a large library of free materials on a wide range of topics that they will send you on request. Call toll free at 1-800-707-5784.
- The *One Source* award-winning website has a huge resource base of free information for the asking. *One Source* will mail you tapes, booklets and articles addressing your individual concerns. Go to www.airforceonesource.com; the user ID is airforce and the password is ready.

One Source is here, ready for your questions!

Family Readiness Program

The Family Readiness Program assists DoD personnel and their families prepare for deployments or remote tours. This office also coordinates all arrangements for evacuated personnel arriving in the northern Utah area. By addressing emotional, financial, legal, and family issues prior to these events, as well as

providing support programs during times of separation, we can help members balance quality of life and mission readiness needs more effectively. The Readiness Briefing is offered every Monday, 0900-1000.



Hearts Apart Program

Is your loved one TDY, Deployed or on a Remote Tour? Let the Hearts Apart Program provide you the additional support you may need during this time of separation. Provides morale calls, video teleconferencing, free E-mail access, video E-mail clips,

and digital pictures to send to loved ones. Would a break from the kids be great? Then come in and get your “Give Parents A Break” certificate. We also host a variety of fun activities! Call 777-4681 to find out about our next Hearts Apart event!



Information & Referral

Do you have a question or concern? The I&R program assists all Team Hill members by providing information about agencies and organizations that offer a variety of community services. We link people

who need assistance with the appropriate service providers. No matter how large or small your question, the Information & Referral program is your resource to get answers.

Transition Assistance Program

Transition Assistance Seminar

8-10 June, 0800-1600

15-17 June, 0800-1600

22-24 June, 0800-1600

This three-day workshop provides insight into job-hunting techniques, VA benefits, and more.

Succeeding at Telephone Interviews

Tuesday, 1 June, 1700-1830

Do you know what to expect if a prospective employer wants to conduct a telephone interview? Come to this workshop and be prepared!



Targeted Resumes

Thursday, 3 June, 1700-1830

Thursday, 17 June, 1700-1830

Learn the most effective approach to get that important next step, "The Interview".

Writing KSAs

Thursday, 10 June, 1700-1830

Learn the best way to address the important aspects of Knowledge, Skills & Abilities on federal applications.

Using the Dictionary of Occupational Titles

Tuesday, 15 June, 1700-1830

The "DOT" uses standardized terms to describe nearly all jobs. This class will show you how to use the DOT to describe your skills in terms that match the specifications of job openings.



Filling Out Federal Forms

Thursday, 24 June, 1700-1830

Find out how to complete OF612s and SF171s for federal employment.

Employment Assistance Program

Spouse Employment Orientation

Mondays: 7, 14, 21 June, 1400-1500

Special Evening Orientation: Monday, 28 June, 1800-1930

Information will be given about the job market, salaries & what to expect when seeking employment in the area. Spouses with a four-year degree do not need to attend the Orientation-call for an appointment. No children please.

Resume Writing

Tuesday, 1 June, 1100-1200

Here is a quick method to help you write a resume that will get you that perfect job.



RESUMIX Workshop

Thursday, 3 June, 1100-1200

Learn the basic process and some of the tricks to filing out your resume using the resume builder program when applying for federal and Air Force civilian jobs.

Interviewing

Tuesday, 8 June, 1100-1200

Become skilled at the basic fundamentals of successful interviewing.

Panel Interviews

Thursday, 10 June, 1100-1200

Are you worried about facing more than one interviewer for a job? Come to this class to learn how to handle panel interviews with ease.

Job Search Techniques

Tuesday, 15 June, 1100-1200

Find out the key techniques to finding the job you really want.

STAIRS Workshop

Thursday, 17 June, 1100-1200

Learn the basics on how to apply for promotions, new jobs, or change in duty location through the AFPC Civilian Employment Website or the Interactive Voice Recognition System.

Filling Out Job Applications

Tuesday, 22 June, 1100-1200

Learn the "do's" and "don'ts" when filling out employment applications.



Financial Education - Air Force Aid & Personal Financial Management

Thrift Savings Plan (TSP)

Thursday, 10 June, 1700-1800

It's Open Season for enrollment – learn about the five funds of the TSP.

Which funds will you choose?

Decide where to put your investment before the TSP Open Season ends on 30 June!!



Budget and Become Free from Overdraft Protection

Wednesday, 16 June, 1400-1600

Bring your bills and learn to budget for the 1st and 15th paydays. Trim expenses without depending on your overdraft protection!

Thrift Savings Plan (TSP)

Wednesday, 23 June, 1130-1230

It's Open Season for enrollment. This is your **LAST CHANCE** to learn about the TSP funds before open season ends on 30 June!! Bring a brown bag lunch if you wish.

Women's, Infants, & Children (WIC)

Friday, 18 June, 1400-1430

Find out about this nutritional program for military members, based on income qualifications.

Baby Bare Essentials

Wednesday, 30 June, 1300-1600

This seminar is for expectant parents; taught by a family nurse, a pediatric nurse, and Family Support staff.

Hill AFB Family Support Center - Building 308N - Hours 0700-1630
Seating is limited! Call early! To sign up for a class, or for more information, call 777-4681.

Relocation Assistance Program

Kids on the Move

Monday, 7 June, 1530-1630

Hey, kids! Are you going to move soon? Get your Mom or Dad to sign you up for "Kids on the Move". This is a fun class where you can get together with other kids that are going to move. You'll decorate a scrapbook photo album and even get a free camera to take pictures for your photo album! For kids in grades 1 thru 6.



Teens on the Move

Monday, 7 June, 1530-1630

Are you a teenager getting ready to move or have just moved to Hill AFB? Chances are you are having change with family, friends, school, and other things in your life. Starting all these things over can be the pits. Join us in a discussion for teenagers who are moving away or just moving to the area.

Smooth Move

Tuesdays, 8 & 22 June, 1300-1400

Learn from the Relocation Assistance Specialists how to organize and prepare for your PCS move. It will save you money on your next move! You can also call to schedule a one-on-one Smooth Move appointment. Spouses are encouraged to attend!



Meals in Minutes

Monday, 7 June, 1300-1500

At the Commissary!

The Family Support Center in conjunction with the Base Commissary will be presenting a special cooking class designed just for you. If you have always wanted to cook something fast, easy, and tasty this is your chance! COME COOK WITH US!! No sign-up required; just show up!

Newcomer's Orientation

Wednesdays, 9 & 23 June, 0800-1200

Location to be determined, call the Family Support Center

A half-day of briefings by base agencies to help the newcomer learn about the base and local area. Mandatory for all newly arrived active duty members EXCEPT first term airmen. Spouses are encouraged to attend!

Singles Get Together - Age 35+

Friday, 11 June, 1800-2100

Singles Get Together - Age 25-35

Friday, 18 June, 1800-2100

Are you single, tired of doing things alone, and want to meet some new friends? Get out of your house, learn about the variety of free workshops available, and come join in the fun! We will all meet at the Family Support Center and go out to a local restaurant for some great food and good conversation! *Please call to sign up.*



Initial Sponsor Training

Wednesday, 16 June, 0900-0930

Refresher Sponsor Training

Wednesday, 23 June, 0900-0920

AFI 36-3011 requires that all first-time sponsors, and those who have not sponsored a newcomer in the past year attend sponsorship training. Sponsorship training can help you be the "perfect" sponsor! Guidebook and information provided. Spouses are welcome; call if you want to schedule a one-on-one appointment!



We can take Sponsor Training "on the road" and present it in your unit, at your convenience! Call 777-4681 for more information.



Adventures in Dining

Thursday, 17 June, 1800-2000

Come with us to the "Five Star Restaurant" in Roy and try out Thai and Chinese food! We will meet at the Family Support Center and carpool to the restaurant. Meals are available for under \$15; bring money to pay for your meal and beverage. Call to sign up and get directions!

Utah's Best Kept Secrets Off the Beaten Path

Monday, 28 June, 1700-1800

Are you new to Hill AFB? Been here awhile and looking for different things to do? There's more to Utah than Temple Square! Come to this seminar and discover fun things to do and places to see that only the "locals" know about! You'll leave with information and a bunch of great ideas to keep you busy the entire time you're stationed here. Seating is limited -- call and sign up early!



Family Life Education Program

Call the Family Support Center at 777-4681 to schedule appointments for marriage assessment and referral for resources according to needs. Videos for loan are available on parenting and marriage.

The Prevention and Relationship Enhancement Program (PREP) seminar is offered by Family Advocacy. Call 777-3497 for more information and to sign up!



Airman's Attic - Building 150

Hours: Open 6 hours a day, Monday through Friday
Call 586-2699 for exact hours

Donations of serviceable clothing and small household items are welcome during open hours. The Attic is open to active duty

members and their immediate families E-5 and below; Tuesdays are "all ranks" day - please bring a donation for the Food Pantry if you're above E-5 or civilian.






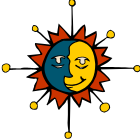


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Family Support Center – June 2004



Classes open to active duty military and retirees, DoD civilians, and their families. To sign up for a class, call 777-4681.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
President Calvin Coolidge, in 1924, supported the idea of a national Father's Day. Then in 1966 President Lyndon Johnson signed a presidential proclamation declaring the 3rd Sunday of June as Father's Day.		1 Resume Writing 1100-1200 Phone Interviews 1700-1830 	2 Finance Outbrief 1300	3 RESUMIX 1100-1200 Targeted Resumes 1700-1830 1 st US Air Force Academy Graduation, 1959	4 Inprocessing 0800 	5
6	7 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500 Meals in Minutes 1300-1500 -- at the Commissary! -- Kids on the Move 1530-1630 Teens on the Move 1530-1630	8 Inprocessing 0800 Interviewing 1100-1200 Smooth Move 1300-1400	9 Newcomer's Orientation 0800-1200 Finance Outbrief 1300	10 Panel Interviews 1100-1200 Thrift Savings Plan 1700-1800 Writing KSAs 1700-1830	11 Inprocessing 0800 Singles Get Together Age 35+ at 1800-2100	12
		8-10 June - TAP Seminar, 0800-1600, call 777-4681 to sign up				
13	14 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500 Flag Day! 	15 Inprocessing 0800 Job Searching 1100-1200 Dictionary of Occupational Titles 1700-1830	16 Initial Sponsor Training 0900-0930 Finance Outbrief 1300 Budgeting 1400-1600	17 STAIRS 1100-1200 Targeted Resumes 1700-1830 Adventures in Dining 1800-2000	18 Inprocessing 0800 WIC 1400-1430 Singles Get Together Age 25-35 at 1800-2100	19
		15-17 June - TAP Seminar, 0800-1600, call 777-4681 to sign up				
20 Happy Father's Day! 	21 Readiness Briefing 0900-1200 Spouse Employment Orientation 1400-1500 First Day of Summer! 	22 Inprocessing 0800 Job Applications 1100-1200 Smooth Move 1300-1400	23 Newcomer's Orientation 0800-1200 Refresher Sponsor Training 0900-0920 Thrift Savings Plan 1130-1230 Finance Outbrief 1300	24 Federal Employment Forms 1700-1830	25 Inprocessing 0800 1 st Color TV Broadcast, 1951	26
		22-24 June - TAP Seminar, 0800-1600, call 777-4681 to sign up				
27	28 Readiness Briefing 0900-1200 Utah's Best Kept Secrets Off the Beaten Path! 1700-1800 Evening Spouse Employment Orientation 1800-1930	29 Inprocessing 0800 	30 Finance Outbrief 1300 Baby Bare Essentials 1300-1600	Sonora Dodd, of Washington, thought of the idea for Father's Day while listening to a Mother's Day sermon in 1909. Sonora wanted a special day to honor her father, William Smart. Smart, who was a Civil War veteran, was widowed when his wife died while giving birth to their sixth child. Mr. Smart was left to raise the newborn and his other five children by himself on a rural farm in eastern Washington state. After Sonora became an adult she realized the selflessness her father had shown in raising his children as a single parent. He was, in the eyes of his daughter, a courageous, selfless, and loving man. Sonora's father was born in June, so she chose to hold the first Father's Day celebration on the 19th of June, 1910.		

Check us out on the web! www.hill.af.mil/family